



Ultimate 7-Layer Dip

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

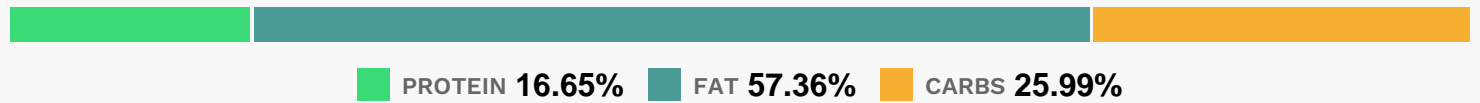
- 2 Tbsp olives black sliced
- 1 cup four cheese shredded mexican style kraft finely
- 1 cup knudsen cream sour
- 4 green onions sliced
- 1 cup lettuce shredded
- 16 oz taco bellâ® refried beans canned
- 1 cup taco bellâ® & chunky salsa thick
- 1 Tbsp taco bellâ® taco seasoning mix

Equipment

Directions

- Mix beans and seasoning mix until blended; spread onto bottom of pie plate.
- Top with layers of remaining ingredients.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:3.0834782408631%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 89.96kcal (4.5%), Fat: 5.74g (8.84%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 4.06g (1.48%), Sugar: 2.17g (2.41%), Cholesterol: 16.58mg (5.53%), Sodium: 373.49mg (16.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Calcium: 87.3mg (8.73%), Vitamin K: 8.93µg (8.51%), Fiber: 1.79g (7.17%), Vitamin A: 356.07IU (7.12%), Phosphorus: 53.89mg (5.39%), Selenium: 2.89µg (4.13%), Vitamin B2: 0.07mg (4.02%), Vitamin E: 0.39mg (2.62%), Zinc: 0.38mg (2.55%), Iron: 0.45mg (2.51%), Potassium: 85.74mg (2.45%), Vitamin B6: 0.05mg (2.31%), Vitamin B12: 0.11µg (1.87%), Magnesium: 7.26mg (1.82%), Folate: 6.67µg (1.67%), Manganese: 0.03mg (1.66%), Vitamin C: 1.28mg (1.55%), Vitamin B5: 0.12mg (1.25%), Vitamin B3: 0.24mg (1.19%), Copper: 0.02mg (1.08%), Vitamin B1: 0.02mg (1.02%)